

## TIPSHEET

# LEADING A SUCCESSFUL MENTAL HEALTH AND WELLBEING SESSION

Mental health and wellbeing education and information sessions can be an effective and impactful way to raise awareness and challenge stigma of mental health and wellbeing within a club or sporting group. Such an initiative may encourage someone to seek help or positively influence a member's mental health and wellbeing.

The purpose of this **Leading a Successful Mental Health and Wellbeing Session Tipsheet** is to provide you with some guidance to ensure a safe, inclusive, and relevant session whilst making a lasting positive impact on participants' mental health and wellbeing.



## SESSION CHECKLIST

1

### PURPOSEFUL

- Select a mental health and wellbeing topic that is helpful and relevant to your whole membership or select membership group.

2

### APPROPRIATE

- Ensure that the session topic and structure is tailored to the audience by considering age, gender, culture, and other diversity factors such as religion, disability or socioeconomic status.
- Always brief a speaker on what you want, or don't want, and ensure that you are across the content they are delivering and how they will be delivering it.

3

### PROFESSIONAL

- Engage a guest speaker who can speak authoritatively on the identified topic, meet the outcomes you want to achieve, and can deliver the session in consideration of the target audience.
- Ensure the speaker is qualified, experienced, evidence-based, and professional.
- Utilise the [Assessment Criteria for External Mental Health Programs and Service Providers](#) tool to evaluate a suitable professional.
- Utilise the [Event Communication Template](#) in the [Club and Community eToolkit for Mental Health and Wellbeing](#) to invite your club or sporting group members.

4

### OPTIONAL ATTENDANCE

- Ensure that it is clearly communicated to your members that attendance is optional. It is not appropriate to force individuals to attend mental health and wellbeing sessions in a club or sporting group environment.
- Always make it clear what the session is about, including providing a statement regarding the possible impact of the session such as:

*“This session discusses topics related to mental health and wellbeing. Some content might be challenging for some people. Please prioritise your wellbeing and take a break or reach out for help if needed.”*

- Discreetly check-in on anyone that does leave and if possible, allocate a place for them to go and take a break or have a one-on-one chat.

5

### PROVIDE SUPPORT RESOURCES

- Always provide guidance to attendees on how to access support services. Some effective ways to achieve this are to:
  - Share the [True Sport - Where to Seek Help](#) document at the event.
  - Provide a link to the [True Sport - Community Links](#) webpage during or after the session.
  - Use [True Sport Posters](#) at the session to highlight how to access support and keep on display around the venue for ongoing reminders.

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**In an Emergency Dial 000**  
**For support call Lifeline 13 11 14**  
or visit [True Sport - Community Links](#) for more services.

